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Full-Body Workout Program

This program blends **bodyweight circuits**, **weights training**, and **core/abdominal work** for a comprehensive fitness routine. It is designed for versatility—whether you train at home or in the gym.

Bodyweight Workouts (No Equipment)

Circuit 1

Perform each exercise for 30 seconds, moving from one to the next with minimal rest. After completing all five exercises, rest for 2 minutes. Repeat the circuit **four times**.

- Squat jumps — 30 seconds
- Pushups with shoulder taps — 30 seconds
- Lunge to split jumps — 30 seconds
- Plank to hip dips — 30 seconds
- Burpee 180° turn — 30 seconds

Circuit 2

Alternate exercises and rest as indicated. Repeat this sequence for several rounds or customize with your own bodyweight moves.

Exercise	Duration	Rest
Jumping jacks	40 seconds	20 seconds
Push-up intervals	20 seconds	40 seconds
Bodyweight squats	40 seconds	20 seconds
Mountain climbers	30 seconds	30 seconds
High knees	45 seconds	15 seconds

Suggestions: Mix in other bodyweight exercises such as lunges, burpees, and planks for variety.

Weights Training

Perform the following exercises for the listed sets and reps. Adjust weights to maintain good form.

Exercise	Sets x Reps
Arnold Press - Hang Clean	7 x 7
Lateral Raises	7 x 7
Powerstyle Clean Press	7 x 7
Push Press	3 sets (6, 4, 2 reps)
Good Morning	3 sets (9, 8, 7 reps)
Concentration Curls	3 x 3
Preacher Curls	4 x 4
Romanian Deadlift	3 sets (13, 6, 3 reps)
Tricep Extension	7 x 7
French Press / Skullcrusher	7 x 7
Isolation Tricep Chest Press	7 x 7
Wrist Curls	7 x 7
Arm Curls	7 x 7
Arm Biceps	7 x 7

Incorporate power walking or race walking between sets for active recovery.

Core & Abdominal Training

Perform descending rep ladders for each section:

- **Core**: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps
- **Abs**: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps
- **Belly**: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps

Target: Lower, middle, and upper ab muscles.

- **Trinity Set:** Decline sit-ups, partial sit-ups, and crunches — 5 sets of 25 reps each.

Additional Elements

- **Martial Arts, F45, Orange Theory, or CrossFit**: Integrate elements for variety and intensity.
- **Extreme Yoga, Pilates, and Stretching**: Include for flexibility and recovery.
- **Resistance Bands**: Use for added challenge and muscle activation.
- **Dominatrix Meditation**: Practice for mental focus and relaxation.
- **Neck, Core, Abdominal, and Mobility**: Include specific exercises for these areas.

Spiritual & Recovery Elements

- **Incorporate meditation or prayer** as part of your cool-down or recovery.
- **Rest and hydration** are essential—listen to your body and adjust intensity as needed.

Notes

- Modify reps, sets, and rest periods based on your fitness level.
- Always prioritize proper form and safety.
- Consult a fitness professional if you're new to these exercises or have health concerns.

This program provides a balanced approach to strength, endurance, and overall wellness.

Meditation Inspired by Madge Carolyn Halloway Bryant & Selena Quintanilla Pérez

While there is no documented meditation practice directly associated with Madge Carolyn Halloway Bryant (also known as Carolyn Bryant Donham) or Selena Quintanilla Pérez, we can draw inspiration from their widely different life stories and the lessons that can be reflected upon during meditation.

Reflective Meditation Themes

1. Reflection on Legacy and Responsibility

- **Madge Carolyn Halloway Bryant** is historically known for her involvement in the Emmett Till case, a pivotal event in the American civil rights movement[1][2]. Meditation inspired by her story may focus on the themes of truth, accountability, and the long-lasting impact of our actions on others.
- **Suggested Reflection:** Contemplate the importance of honesty, the consequences of our words, and the responsibility each person holds in shaping history.

2. Authenticity, Resilience, and Joy

- **Selena Quintanilla Pérez** is celebrated for her authenticity, humility, and positive influence as a musician and role model. Her life encourages meditation on living with purpose, embracing one's true self, and spreading joy even in adversity[3][4].
- **Suggested Reflection:** Meditate on being true to yourself, seizing opportunities ("carpe diem"), and radiating positivity to those around you.

Sample Meditation Sequence

Step	Focus Area
Breath Awareness	Settle into the present moment, focusing on deep, even breaths.
Reflection on Truth	Contemplate the power and consequences of words and actions.
Authenticity	Visualize yourself living authentically, inspired by Selena's example.
Compassion	Send thoughts of forgiveness, healing, and understanding to yourself/others.
Gratitude	Express gratitude for the lessons learned from both struggle and triumph.

Affirmations for Meditation

- *"I am responsible for my actions and words."*
- *"I choose to live authentically and with joy."*
- *"I seek to bring healing and understanding to myself and my community."*
- *"I honor the lessons of the past and move forward with compassion."*

Integrating Music and Mindfulness

- Listen to uplifting music, such as Selena’s songs, during meditation to inspire joy and resilience[3][4].
- Practice mindful movement or gentle dance as a way to honor Selena’s spirit and energy.

Closing Thoughts

Meditation inspired by these two figures can serve as a powerful tool for self-examination, healing, and growth. Use their stories as prompts to explore your own values, actions, and the legacy you wish to create.

[1] [2] [3] [4]

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1. https://www.nytimes.com/2023/04/27/us/carolyn-bryant-donham-dead.html
2. https://www.findagrave.com/memorial/252839717/carolyn-bryant_donham
3. https://upsidedownflan.com/lessons-learned/lessons-learned-from-selena/
4. https://remezcla.com/features/culture/selena-quintanilla-legacy-confidence-30-years-after-death/